

Stress

We are \_\_\_\_\_ because we are so \_\_\_\_\_;  
because we are busy we are \_\_\_\_\_; we are  
tired, but we don't know how to \_\_\_\_\_.

(Psalm 127:2 NLT) It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.

Looking for Rest in All the Wrong Places

(Hebrews 4:1) God's promise of entering His rest still stands, so we ought to tremble with fear that some of you might fail to experience it.

Rest is deeper than \_\_\_\_\_.

Rest is more than \_\_\_\_\_.

Rest is better than \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

A Real Rest

(Matthew 11:28-30 MSG) Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly.

1. We rest in \_\_\_\_\_.

(Hebrews 4:2-4 NLT) For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter His rest. As for the others, God said, "In My anger I took an oath. 'They will never enter My place of rest,'" even though this rest has been ready since He made the world. We know it is ready because of the place in the Scriptures where it mentions the seventh day: "On the seventh day God rested from all His work."

2. We rest by keeping \_\_\_\_\_.

(Exodus 20:8-10) Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God.

(Hebrews 4:9) There remains, then, a Sabbath-rest for the people of God;

3. We rest through \_\_\_\_\_.

(Hebrews 4:11) Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

(Revelation 14:13) Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them."

## Stress

We are stressed because we are so busy;  
because we are busy we are tired; we are  
tired, but we don't know how to rest.

(Psalm 127:2 NLT) It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.

## Looking for Rest in All the Wrong Places

(Hebrews 4:1) God's promise of entering His rest still stands, so we ought to tremble with fear that some of you might fail to experience it.

Rest is deeper than sleep.

Rest is more than time-off.

Rest is better than escape.

---

---

## A Real Rest

(Matthew 11:28-30 MSG) Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly.

## 1. We rest in salvation.

(Hebrews 4:2-4 NLT) For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter His rest. As for the others, God said, "In My anger I took an oath. 'They will never enter My place of rest,'" even though this rest has been ready since He made the world. We know it is ready because of the place in the Scriptures where it mentions the seventh day: "On the seventh day God rested from all His work."

## 2. We rest by keeping Sabbath.

(Exodus 20:8-10) Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God.

(Hebrews 4:9) There remains, then, a Sabbath-rest for the people of God;

## 3. We rest through significance.

(Hebrews 4:11) Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

(Revelation 14:13) Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them."

---

---

---

---

---

---

---

---